



WORKSITE WELLNESS NEWS

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SPECIAL POINTS OF INTEREST:

- **Health & Safety Expo this month!**
- **National Men's Health Week**

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Health & Safety Expo-June 21st

The City of Bryan, City of College Station and Brazos County will host their annual Health & Safety Expo for all employees this month. Join us at the Brazos Center on June 21st and visit lots of great booths offering educational material on a variety of health and safety related topics, free health assessments and door prizes! You must attend in order to be entered in a drawing for the grand prize and a t-shirt.

Also, we invite you to test your skills at the popular Backhoe Rodeo which will be held in the parking lot of the Brazos Center. This year's event promises to be more challenging than ever, and all employees are encouraged to participate-no backhoe operation experience necessary!

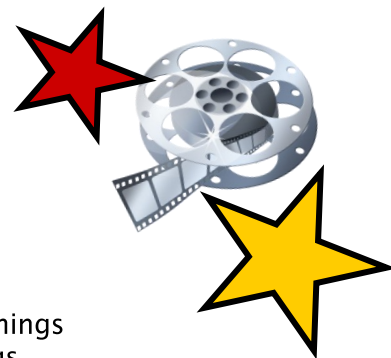
**Thursday, June 21st
10am-3pm**

Brazos Center

Backhoe Rodeo from 10am-2pm

Come visit booths offering lots of great health & safety information.

- Blood pressure checks
- Benefit information
- BMI assessments
- Cholesterol screenings
- Glucose screenings
- And more!



Celebrate National Men's Health Week!



Men's Health Week is celebrated each June during the week leading up to and including Father's Day. The goal of this observance is to heighten the awareness of preventable health problems and encourage early detection and treatment of disease among males. There are many routine tests and exams that males should have completed depending on various risk factors and their family history. Take time this month to talk with your healthcare provider about your health and what screenings you may be due for if you are a male and encourage the men in your family to do the same. For more information about National Men's Health Week, visit www.menshealthmonth.org/week/index.html.

Know Your Benefits

Facts about Generic Drugs

What is a generic drug?

A generic drug is a drug that is exactly the same as the brand-name drug, but can only be produced after the brand-name drug's patent has expired.

A generic drug is the same as a brand-name drug in dosage, safety, strength and quality. A drug company develops new drugs as brand-name drugs under patent protection. This gives a company the sole right to manufacture and sell the brand-name drug while the patent is in effect. When patents expire, other manufacturers can submit an application to the Food and Drug Administration (FDA) to market a generic version of the drug.

Although generic drugs are chemically identical to the brand-name drug, they are typically sold at a cheaper price than the brand-name drug because the drug has not been developed from scratch, and the costs to bring the drug to market are less.

Here are a few examples of how Generic Drugs or our Over the Counter (OTC) Alternative Program can save you \$\$!

Drug Class	Brand Name	Cost 90 day/30 day	Generic Name	Cost 90 day/30 day	Generic or OTC Cost
Acid Reflux/ GERD	Nexium 40mg	\$101.90/\$37.29	Omeprazole 40mg	\$15.00/\$7.00	Zero Dollar Copay. Prilosec OTC® Prevacid ®24HR, Omeprazole OTC, Zegerid OTC
High Cholesterol	Lipitor	\$89.49/\$32.78	Atorvastatin Calcium	\$15.00/\$7.00	Zero Dollar Copay. Simvastatin, Pravastatin, Lovastatin
Depression	Cymbalta 30mg Lexapro 20mg	\$92.74/\$33.96 \$69.98/\$25.68	Citalopram HBr 20mg tablet Paroxetine HCl 20mg tablet Sertraline Fluoxetine HCl Venlafaxine HCL	NA/\$4.30 \$10.00/\$4.58 \$9.64/\$4.46 \$15.00/\$7.00 \$15.00/\$7.00	

If you have any questions about generic drugs, ask your healthcare provider or pharmacist. Information about the City of Bryan's Zero Dollar Copay Program can be obtained by contacting our Benefits Administrator, Flo Galaviz at fgalaviz@bryantx.gov or by calling 979-209-5053.

Summer Citrus Fruit Salad Recipe

- 1 cup Yoplait® 99% fat free creamy vanilla yogurt
- 1 tablespoon low-fat mayonnaise or salad dressing
- 1/4 teaspoon grated orange peel
- 2 tablespoons orange juice
- 1 pint (2 cups) strawberries, sliced
- 1 kiwi fruit, peeled, cut up
- 1 small bunch seedless green grapes, cut in half
- 1 can (11oz) mandarin orange segments, drained

Directions:

1. In large bowl, mix yogurt, mayonnaise, orange peel and orange juice.
2. Gently stir remaining ingredients into yogurt mixture. Cover; refrigerate at least one hour but no longer than 4 hours.



Source: www.eatbetteramerica.com

Are your child's immunizations up-to-date?



Although Summer is just beginning, it is important that you visit with your child's healthcare provider to make sure that he or she has been properly vaccinated in time for the 2012-2013 school year. Avoid the rush before school starts and use the Summer to review your child's vaccination record, as state law requires that each child be immunized against certain vaccine-preventable diseases. Visit <http://www.dshs.state.tx.us/immunize/school/default.shtm> to learn more about the vaccines that are required. You may also call or make an appointment at the City of Bryan Employee Health Center (COBEHC) to inquire about childhood immunizations. Some vaccines, including the required Meningitis Vaccine for those entering college, are available at the Employee Health Center.



CITY OF BRYAN
Employee Health Center

Open Monday-Friday 8am-5pm
(closed from noon-1pm)

Call 979-821-7690 for an appointment!

There is no co-pay at the clinic and it is available to all employees, dependents and retirees on the City's health insurance plan.

If you have wellness news to share with others and would like to have it spotlighted in our next newsletter, please feel free to submit it to:

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www.bryantx.gov/wellness

Copies of this newsletter are available in Risk Management.